



# POLICE BULLETS

A MONTHLY PUBLICATION OF THE COON RAPIDS POLICE DEPARTMENT DECEMBER 2012

## Hope for the Holidays

The “most wonderful time of year” can feel like the worst for some people. Suicide is a real threat to the safety of our neighbors and loved ones. Some common signs are:

- Talking about wanting to die or kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawn or feeling isolated.
- Showing rage or talking about seeking revenge.
- Preoccupation with death.
- Suddenly happier, calmer.
- Loss of interest in things one cares about.
- Visiting or calling people to say goodbye.
- Making arrangements; setting one's affairs in order.

## If someone you know is feeling suicidal, help is out there!

- Restrict access to highly lethal means of suicide.
- Keep strong connections to family and community support.
- Continue medical and mental health care relationships.
- Improve skills in problem solving, conflict resolution and handling problems in a non-violent way.
- Attend care for mental, physical and substance use disorders.
- Use a variety of clinical interventions.

**Call the National Suicide Prevention Lifeline 1-800-273-TALK (8255) or call 911 for immediate intervention.**

## November Crime Stats

Robbery	0
Residential Burglary	9
(includes thefts from garages)	
Business Burglary	7
Theft from Vehicle	29
Theft from Mailbox	2
Vehicle Theft	6

## Dude! Where's My Car?

Coon Rapids City

Ordinance says:

Every person parking a passenger automobile on a public street, alley, public parking lot, or place affected with a public interest in the city shall lock the ignition, remove the key, and take the key with them.



**See Something?  
Say Something!  
Call 9-1-1  
To report  
suspicious activity!**



**Sergeant Stahnke Says,**  
“Be sure the windows on your vehicles are fully defrosted before driving to maximize visibility.”